

You know how you're feeling tired and stressed and are ready for another break? Me too! So in today's edition of "it could always be worse"....the longest case of hiccups lasted for 68 years!!! It was apparently caused by a brain bleed in the "hiccup" part of the brain and didn't stop for the next 68 years. At least Charles Osborne (poor hiccupping man) got to spend the last year of his life without that annoyance when they suddenly stopped for no reason. Guessing that was the best year of his life!

1. Be sure to mark your calendar to attend the 56th Annual **Oklahoma Summit** conference, **August 1-2, 2023 in Tulsa!**

Oklahoma Summit is the annual conference for all Oklahoma CareerTech professionals. Conference registration for OkACTE members is \$75 until the end of Early Bird registration (July 15), and \$100 after July 15. New OkACTE members, employed after July 1, pay \$75

OkACTE membership includes recognition in Oklahoma (OkACTE) and with our National affiliate, ACTE. Members adding additional division(s), should note there is a charge of \$10 per division for national (ACTE) divisional recognition. **Non-member registration is \$250 until the end of Early Bird registration (July 15), and \$275 after July 15. Non-members employed after July 1 pay \$250.**

2. The US Health department [announced](#) plans yesterday to **modernize** the country's four-decade-old congressionally enacted **Organ Procurement and Transplantation Network**. The system is solely responsible for tens of thousands of life-saving organ transplants in the US every year, where over 100,000 people are currently on its [waitlist](#). The multiyear modernization effort aims to update technology, increase competition by soliciting bids, double federal funding, and update the nearly 40-year-old law, specifically to abolish appropriations caps. A new data dashboard shows recent trends in procurement [here](#)
3. Nominations for the following **NLN awards** are now being accepted. Deadline May 3, 2023:
 - The NLN Mary Adelaide Nutting Award for Outstanding Teaching or Leadership in Nursing Education
 - The NLN Isabel Hampton Robb Award for Outstanding Leadership in Clinical Practice
 - NLN Lillian Wald Humanitarian Award

[2023 Awards Application Form - Deadline May 3, 2023 \(alchemer.com\)](#)
4. **What would happen if an engineered virus escaped the lab?** Since the 1970s, researchers have engineered superbugs. While this research could help us prepare for future outbreaks, the stakes of this work are extremely high: if even one dangerous virus escaped a lab, it could cause a global pandemic. So, what can we do to minimize risk? And is the knowledge gained even worth the risk in the first place? [Dig into the ongoing debate over virology research](#)
5. Visible Body Presents: **"The Science of Snoring"** You've probably been kept awake at night by the sounds of another person's snoring — or maybe you've been the one keeping other people awake. It's been estimated that one in four adults snore regularly, and almost half of adults snore on occasion. Snoring can be an annoyance, but it can also be a symptom of more serious problems, like sleep apnea. [Learn about snoring](#), what health problems it can indicate, and typical treatment methods.

6. Make plans today for your students to join us at **HOSA Camp Ignite this May 23-25** in Kingston, OK. There is information on the HOSA Website including scholarship request information. Registration will open soon!
7. **The Oklahoma Educator/Industry Partnership** group has scheduled its next meeting focusing on **Healthcare on May 22, 2023, at Canadian Valley Tech, Cowan** Campus in Yukon. Be sure to tell all your friends in common education (K-12) to come and learn more about how they can incorporate healthcare into their classrooms! This is a day-long event from 9am-3pm and participants will receive hands on training and curriculum from our favorite, Starla Ewan. Not only will they get a clay set and the heart and lungs lessons, but also a collection of Starla's curriculum on Hands on Body Systems. Industry Panel discussions and program tours will round out the day! Help us get teachers across our state excited about healthcare professions!
8. This is your brain on drugs! (all those over 50 say YEAH!) The Federal Drug Administration approved **[the drug naloxone for over-the-counter sale last week](#)**; a move health officials hope will help slow the rise of opioid-related overdose deaths across the US. The drug will be available under the brand name Narcan, a nasal spray-based formulation, by late summer.

Opioid overdoses occur when the brain's opioid receptors are flooded, depressing the central nervous system to the point where breathing slows or ceases ([see overview](#), w/video). Naloxone is an opioid antagonist, blocking the drugs from attaching to the receptors—an effect that allows it to rapidly reverse the effects of an overdose. A study in Massachusetts found [more than 90%](#) of overdoses were successfully reversed when the drug was administered by emergency responders.

The previous eight years have seen fatal overdose rates surge, doubling to more than 100,000 since 2015. Visualize the three waves of the opioid crisis [here](#)

9. New Grant Opportunity for **Mental Health First Aid**

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently announced several funding opportunities, totaling almost \$50 million, with fast-approaching deadlines. These opportunities will help eligible organizations expand Mental Health First Aid (MHFA) to more schools, first responders, veterans and other communities, ensuring more people have the tools they need to offer support when someone is experiencing a mental health or substance use challenge.

[Learn more](#) about the grants and who can apply, [attend our webinar](#) on April 5 (12-1 p.m. ET) to learn how these funds can be used to expand MHFA.

We will review tools and tips to use to apply for:

- SAMHSA Project AWARE Grants (Due April 28, 2023)
- SAMHSA Mental Health Awareness Training Grants (Due May 1, 2023)
- SAMHSA Funding Opportunity for School-based Trauma-Informed Support Services (Due May 8, 2023)

A recording of this webinar will be emailed to all registrants after the webinar session

10. ACTE's 2024 Board of Directors: Nominations are open! **The Health Science Education Division Vice President is vacant** and the elected will serve a three year term! The nomination process

for ACTE's Board of Directors is [now open](#)! Completed applications are due by **June 15**. Nominations for the following positions will open from **April 1 – June 15**; applications are only accepted through the [ACTE Awards Portal](#).

11. There is always a [reason for every behavior](#)! Check out this newest short video from Character Strong: [A Reason for Every behavior | CharacterStrong](#)
12. Tech & Learning (I get lots of gems from this site) is launching a [new online community for K12 educators](#) and it's free to join and participate in the dialogue: [Tech & Learning Launches New Online Community | Tech & Learning \(techlearning.com\)](#)
13. Is [Classroom Behavior Management](#) ever an issue? If so, be sure to participate in [this webinar](#) by the National Consortium for Health Science Education! The presenter is Robert Daniel and it will be held Wednesday, April 19, 2023 at 3:30pm CST. [You can register here](#). Remember—all NCHSE webinars are archived on their website! For those of you looking for funds to attend International Leadership Conference—there is a fundraising webinar (I missed it before!) that was held January 18, 2023 called ["Fundraising that Works"](#) you should check out!!!
14. And as students begin taking tests for certifications and general knowledge, here are [4 simple strategies to help students ace standardized tests \(eschoolnews.com\)](#)
15. The next [Simulation Bootcamp](#) will be held on **Tuesday, April 11, 2023**, at OSU-OKC School of Nursing, Building 2201, 440 N. Portland Ave., Oklahoma City, OK 73107. There are still spots available! **To register:** [Agenda - Oklahoma Health Careers Education Teachers' Association \(OHCETA\) SUN Workshop \(cvent.com\)](#) You can also put a pin in the calendar for the **Simulation Conference, May 18, 2023!**

April is "National Volunteer Month"! What better way to close out the school year than with volunteering in your local community or with HOSA! Volunteering ALSO benefits volunteers—providing networking opportunities, job resume material, a sense of self-worth and more! Let's make the world a better place by giving of our time and ourselves!

Online Volunteering: [9 Places to Volunteer Online \(And Make a Real Impact\) | DoSomething.org](#)

Choose by state or organizations: <https://www.volunteermatch.org>

Sincerely,
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